

Importance of Trees in an Urban Community

Picture out a rural community and compare it with an urban one. What's the first thing that catches your attention? Small, humble homes instead of large, towering structures? Rolling plains instead of crowded, busy streets? Or the verdant, clustering trees that spill out from one end to the other?

Of course, it's the varying shades of green that rivet your eyes. Just one look and you could almost breathe fresh air in, hear the birds chirp, and soak in the calm, peaceful vibe. Trees definitely have the power to make things light and serene.

Sadly, most cities nowadays are nearly devoid of trees. Although there are parks, still there are not enough of these carbon-dioxide loving friends lying around. Cities ought to plant when they can, where they can. Trees are not only pleasing to look at but they also improve health and the quality of life.

Take a look at this list of reasons why trees should have a huge place in every community:

Trees positively affect the psyche. Having ample of trees in the community induces a sense of well-being. It's calming and relaxing effect could instantly sweeten up a sour mood. And believe it or not, trees can speed up the healing process. Recovery time for patients who are allowed to spend time outdoors in the presence of trees is incontestably shortened.

Trees make breathing literally easier. Humans breathe in oxygen and exhale carbon dioxide. Trees do the opposite. Being surrounded by these leafy green buddies makes sure that there are lots of oxygen to go around. Trees also act like filters. They trap particulates such as dust, smoke, pollen, and ash that are harmful to the lungs.

Trees make the world cooler. Trees help the world fight the greenhouse effect by acting as a carbon sink and providing shade to homes and buildings. In cities where steel, concrete, and asphalt are everywhere, trees help lower the relatively higher temperature by increasing humidity.

Trees improve water quality by preventing soil erosion and reducing storm water runoff especially in urban areas. Roots act as locks for the soil and consequently aid in holding off water.

Today, there are lots of urban and community programs instigated by the government. However, it's up to us to do our part. One of the best ways to help increase the number of trees in the community is by starting with our own lawn or backyard. Plant your own trees and watch them grow. If you want your home to stand out, plant [advanced trees](#) instead of the usual ones. Visit an [advanced tree nursery](#) and choose from their wide selection of saplings.

<http://greenresults.com.au/advanced-trees/>